

Te's OK

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) - October 2007
音樂: T'es OK - Ottawa



Intro: 32 counts.

KNEE POP IN x2, TOGETHER, TOGETHER, 2X KICK BALL STEP FWD

1-2 Rf knee pop in, Lf knee pop in(12:00)
3-4 Lf + Rf together weight onto both feet
5&6 Rf kick forward, Rf step in center, Lf step forward weight on Lf (12:00)
7&8 Rf kick forward, Rf step in center, Lf step forward weight on Lf (12:00)

MAKE 1/4 TURN, 2X KNEE POP IN, TOGETHER, TOGETHER, 2X KICK BALL STEP FWD

9-10 1/4 turn left, Rf knee pop in, Lf knee pop in (9:00)
11-12 Lf + Rf together weight onto both feet
13&14 Rf kick forward, Rf step in center, Lf step forward weight on Lf (9:00)
15&16 Rf kick forward, Rf step in center, Lf step forward weight on Lf (9:00)

ROCK / RECOVER, 1/4 SAILOR FWD, SHUFFLE FWD, SHUFFLE FWD

17-18 Rf rock forward, Lf recover
19&20 Rf step behind Lf, Lf step to the left with 1/4 turn left, Rf step forward (6:00)
21&22 Lf step forward, Rf close beside Lf, Lf step forward
23&24 Rf step forward, Lf close beside Rf, Rf step forward (6:00)

SIDE, 2X CHEST PUMPS FWD, 1/4 TURN SIDE, 2X CHEST PUMPS FWD, 1/4 TURN SIDE, 2X CHEST PUMPS FWD, 1/4 TURN SIDE, 2X CHEST PUMPS FWD, CLOSE

25&26 Lf step to the left, 2x chest pump forward, take weight onto Lf (6:00)
27&28 Rf step out to the right with 1/4 turn right, 2x chest pump forward, take weight onto Rf (9:00)
29&30 Lf step out to the left with 1/4 turn left, 2x chest pump forward, take weight onto Lf (6:00)
31&32 Rf step out to the right with 1/4 turn right, 2x chest pump forward, Lf step next to left weight onto Lf (9:00)

ROCK / RECOVER, 1/4 SWEEPTURN, SAILOR CROSS, 1/2 SWEEP TURN, SAILOR STEP

33-34 Rf rock forward, Lf recover weight onto Lf (9:00)
35&36 Rf sweep from front to back with 1/4 turn right, Rf cross behind Lf, Lf step to the left, Rf step across Lf weight onto both feet (12:00)
37-38 Rf+Lf making a 1/4 turn left and sweep with your Lf from front to back (6:00)
39&40 Lf cross behind Rf, Rf step to the right, Lf step to the left weight onto Lf (6:00)

WALKS FWD x2, ROCK / RECOVER, STEP 1/4 TURN, AND POINT, HITCH, SAILOR STEP

41-42 Rf walk forward, Lf walk forward
43-44 Rf rock forward, Lf recover
&45-46 Rf step to the right with 1/4 turn right, Lf point to the left, Lf hitch weight onto Rf (9:00)
47&48 Lf cross behind Rf, Rf step to the right, Lf step to the left, weight onto Lf (9:00)

Begin again